Canterbury Medical Research Foundation
Final report for Grant in Aid 2016 GIA3

Grant recipient
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Grant details

GRANT TYPE	Grant in Aid	FUNDING ROUND	2016 GIA3
GRANT REFERENCE	2016 GIA3	GRANT AMOUNT	$5,000

Final report

1. Scientific Assessing Committee report

Original objectives: To design and develop a mobile health (mHealth) app to improve the health, wellbeing and self-management of children with Inflammatory Bowel Disease (IBD).

Purpose of the grant: The grant application was specifically to contribute to the overall cost of the mHealth app development by MTech. The CMRF grant was for $5000 and the overall app development cost was approximately $28000.

Grant outcomes. The mHealth app was designed by the research team at the University of Otago Department of Paediatrics based on evidence of effective interventions and behaviour change techniques available in the literature. We also carried out semi-structured interviews with a number of children with IBD to represent our target audience, thereby gaining vital input on what elements they considered important to include. The final design incorporated features to keep track of symptoms, medications, nutrition drinks, appointments and growth. There was also an area where children could access information pages about specific elements of IBD knowledge, such as disease facts, treatment, and where to find support. App development was out-sourced to an external software company (MTech Games) in order to harness their expertise of app building and testing.

Grant progress: Once the mHealth app design was completed it was handed over to MTech for development. MTech produced an mHealth app to the desired specifications, and this is now in the final stages of software testing before we commence a research study to determine its efficacy among the target population. The total amount of the grant awarded ($5000) contributed to the overall cost of the app development.

Professional value. The process of designing, and overseeing development, of the mHealth app has provided valuable insight in to the rigor required for such interventions. It is essential to ensure that the elements included in an app are evidence based, or independently tested for efficacy, to ensure that when it is released to the target audience it is of benefit to them.

3. Feedback